

## CLASSES FOR ADULTS

### Ceramics

Learn ceramics basics, greenware cleaning, glazing, straining, lustering, dry brushing, and use of decals. Fee includes firing. Participants purchase supplies.

**Ages:** 18 & Older

**Begins:** 1/4, 2/1, 4/5      **Meets:** 4 Weeks

Wed 9:30 - 11:30 am \$24/person

**Begins:** 3/1      **Meets:** 5 Weeks

Wed 9:30 - 11:30 am \$30/person

### Swing Dance

Couples will learn a variety of country and swing dances. Music includes country & big band sounds.

Instructors: The Doedens. Fee is per couple.

**Ages:** 18 & Older

**Begins:** 1/10      **Meets:** 8 Weeks

Tue 6:30 - 7:30 pm \$60/couple

### Digital Photography

Class will include understanding your digital camera, techniques, & composition. Bring your camera.

**Ages:** 18 & Older      **Meets:** 4 Weeks

**Begins:** 3/1

Wed 7:00-8:30 pm \$18/person

## CLASSES FOR KIDS

### Ballet One

Class members will learn basic ballet steps as they work on balance, movement to music, and coordination. (Ballet slippers, comfortable clothing or ballet attire recommended.)

**Ages:** 3 1/2 - 5 yrs

**Meets:** 8 Weeks

**Begins:** 1/7, 3/11

Sat 11:15 am - Noon \$18/person

### Ballet Two

A continuation of Ballet One with added movements and skill development.

**Begins:** 1/17, 3/11      **Meets:** 8 Weeks

Sat 10:15-11:00 am \$18/person

**Begins:** 3/25      **Meets:** 6 Weeks

Sat 10:30-11:00 am \$14/person

### Jazz & Cheer

Class members will learn basic jazz steps & cheerleading moves and techniques while working on balance, movement, and coordination. (Comfortable clothing & athletic shoes recommended)

**Ages:** 5 - 9 yrs      **Meets:** 8 Weeks

**Begins:** 1/7, 3/11

Sat 9:00 -10:00 am \$24/person

## AFTER SCHOOL PROGRAMS WORK!

**Grades K - 5!**

After School Recreation programs offer your son or daughter a ton of fun, safe and supervised activities.

Come see how After School programs can work for you.

**For more information see page 20.**



### Weight Room:

Our "NEW" Cage System Weight Training package

offers a combo of training option to satisfy a lifter with lofty goals! System includes: Smith Linear System, Upper & Lower Cable System, Pec Dec Station, Multi-Position Benches, Preacher curl, Leg Extension/Leg Curl, and more. In addition, Free Weights and a Recumbent Bike.

**Mon-Thu 8 am - 8:45 pm | Adults 15 & Up**

**Fri 8 am - 5:45 pm | Adults 15 & Up**

**\$1 a day or \$10 for a 12 day punch card**

### Gym:

**Mon-Fri 9 am - 2:30 pm Adults \$1/day**  
(Call in advance for class/group reservation or usage schedule)

### Gym Reservations:

55 minute court reservations taken each Wed. at 9 am for the following week.

**Tue - Thu 5:45 - 6:40 pm, 6:45 - 7:40 pm, and 7:45 - 8:40 pm**

**\$10 per court reservation**



## Adult Day Structure Programs

**(for adults with mental health or physical/medical challenges)**

Each program offers daytime structure, skill acquisition, socialization opportunities, and community outings.

**Set Goals, Develop New Skills & Interests, Take on a Hurdle, Explore Your Community!**  
**SEE OUR AD ON PAGE 5**

COME VISIT  
EASTERDAY IN  
THE HEART OF  
NORTHEAST  
LINCOLN.

We've got  
a lot to offer!

Contact Us:

## EASTERDAY RECREATION CENTER

**ADDRESS:** 6130 Adams Street, Lincoln NE 68507

**PHONE:** (402) 441-7901 **EMAIL:** cmeyerhoff@lincoln.ne.gov

**HOURS:** Monday - Thursday 8:00 am - 8:45 pm

| Friday 8:00 am - 5:45 pm | Saturday & Sunday CLOSED

**MAILING ADDRESS:** 2740 A Street, Lincoln NE 68502